

SUMMER FITNESS TIPS FOR OLDER ADULTS

There's no shortage of tips for older adults who wish to maintain an active lifestyle, from curated YouTube playlists to more than 400 million Google search results for "older adult fitness". But when harsh summer weather threatens the wellbeing of older adults outdoors, and dangerous heatwaves strike, remaining active isn't so easy.

Bringing *all* exercises indoors is a common solution that isn't necessarily feasible for all: access to a gym, indoor pool, or large space to exercise may not be available. To strategize the safest exercise plan during summer months, Harvard Recreation's experts shared their tips.

Ariel Wahl, B.A.Sc in Kinesiology and Exercise Science:

Summertime might be the best time to try a cooler, slower-paced sport:

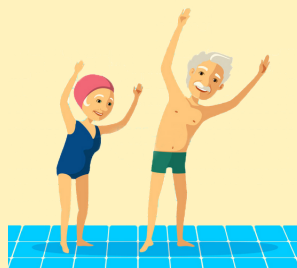
- Been eyeing that yoga studio down the street? Many studios have newcomer specials. Take advantage – just avoid "hot yoga" classes, which are styles of yoga practiced in a heated room.
- Haven't been to the local pool recently? Grab a swimsuit and goggles and swim a few laps!
- Been meaning to catch up with a friend? Grab a pair of sneakers and hit your local bike path or walking trail for a walk-and-talk.
- Are there boat rentals at a local pond or lake? Upper-body workouts are sometimes hard to come by in the great outdoors, and paddling is sure to give you just that!



Dawn Stenis, B.A. in Kinesiology:

Too hot and/or humid to exercise outdoors? Grab a friend and try these options:

- Stay inside in your A/C and do strengthening exercises with resistance bands or find a yoga or Pilates video to follow.
- Check out classes at your local senior center – try Tai Chi or Yoga.
- Go for a swim in an indoor pool. Some hotels let you pay a small guest fee to use theirs.
- Go mall-walking.



Zach McCulloch, *B.S. in Exercise Science*:

- For outdoor activities, pick the morning or later in the evening when temperatures are at their coolest. Towels and water are a must-have.
- For inside workouts, invest in simple exercise equipment like resistance bands. From there, construct workouts using the equipment at hand.
- Attend a group exercise class held locally.
- While watching television, do one exercise or movement for 10-20 reps between commercial breaks.



Want to learn more physical fitness tips, view healthy aging resources, and check out more advice like this? [Visit the NCECE website](#) to view a list of helpful resources!

